DMHAS WORKFORCE DEVELOPMENT

INSTRUCTOR-LED TRAINING

Fall 2019 Catalog

www.ct.gov/dmhas/workforcedevelopment

10 New Trainings

DMHAS WORKFORCE DEVELOPMENT PERSONNEL

Main Telephone Number/Staff Phone Directory: (860) 262-5061, Fax Number: (860) 262-5073
Richard Fisher, LCSW, Director
CVH, 1st Floor, P.O. Box 351, Middletown, CT 06457
www.ct.gov/dmhas/workforcedevelopment
workforce.development@ct.gov

RICHARD FISHER, LCSW	richard.fisher@ct.gov
KIMBERLY PLATT, LCSW, LADC	kimberly.platt@ct.gov
ANTHONY CRETELLA, RN	anthony.cretella@ct.gov

CONTINUING EDUCATION UNITS (CEU) INFORMATION

These instructor-led trainings offer continuing education contact hours approved by the Connecticut Certification Board for Counselors. Participants MUST ATTEND 100% of the class to be eligible to receive this certificate. Please retain your certificate of completion for your records.

The trainings listed in this catalog are open to DMHAS Operated staff and DMHAS Funded staff.

REGISTRATION INFORMATION

Please only register for trainings that have been pre-approved by your supervisor. Do not enroll in multiple trainings with plans to cancel them later; this will help us to keep wait lists more manageable.

- To register for training, you must go through our Learning Management System (LMS) https://ctlms-dmhas.ct.gov. You will not be able to login unless you have a valid username and password.
- If you do not have a username, or to update your email or other profile information, fill out and return the My Profile Information Form. You will receive an email with your login information.
- For help registering, searching the catalog, transcripts, and more, check out our interactive tutorial, Introduction to the LMS.
- For information on available web-based trainings, please see our Web-based Training Offerings List on our website: www.ct.gov/dmhas/workforcedevelopment.
- Upon registering for a training, you will receive an email from <u>Workforce.Development@ct.gov</u> regarding your enrollment status (confirmed or waitlisted), room assignments, and session information. Please read your emails completely and mark your calendar!
- Check your SPAM filter to mark <u>Workforce.Development@ct.gov</u> as SAFE. Contact your IT (Information Technology) person if you have questions.
- If you are on a waitlist and a seat becomes available, you will receive an email, offering you the seat. You must ACCEPT the offered seat through the LMS within five calendar days.
- Directions and instructor biographies, as well as other training resources and links, are on our website: www.ct.gov/dmhas/workforcedevelopment.

AMERICANS WITH DISABILITIES ACT (A.D.A.)

If you need an accommodation based on the impact of a disability or medical condition, make the request **immediately upon registering for training** by contacting <u>Workforce.Development@ct.gov</u>.

FREQUENTLY ASKED REGISTRATION QUESTIONS

- Q: What do I do if I forgot my password?
- A: On the log in page of the LMS, click the "Forgot Password?" link. The system will prompt you to enter the email address that is associated with your LMS account. When you've entered the information, the system will send you an email with a temporary password.
- Q: How do I get a certificate with Continuing Education Units (CEUs) for an instructor-led training?
- A: Please allow for 3 business days after the completion of instructor-led trainings before printing certificates of completion. Then, go to your Me tab, then click on Completed Learning in the left-hand menu. Find the training you want, then click the down arrow next to the View Summary button. Click Print Certificate to open the certificate in your browser, or click Export Certificate to download a PDF copy of the certificate. For more detailed instructions, see <u>Introduction to the LMS</u>.

TITLE		PROGRESS	ACTION	
	A Brief Introduction to Working with People with Borderline Personality Disorders	SUCCESSFUL	VIEW SU	JMMARY
	Instructor-Led Version:FY16	On:09-17-2015		Print Certificate
-K	Active Shooter Training: Being Prepared Web Based Training	SUCCESSFUL	PRINT CE	Export Certificate
		On:05-18-2016 Score: 100		Notes

- Q: How do I get a copy of my transcript?
- A: Online transcripts are available for classes that have been held after 1/1/09. Once you've logged into your LMS account, go to the Me tab, then click Analytics in the left-hand menu. Click on the report entitled User Transcript. Your transcript will open in a new window. Click on the Download button at the top right of the window to export your transcript to PDF (recommended) or Excel. For more detailed instructions, see Introduction to the LMS.

For class records prior to January 1, 2009, please email Workforce.Development@ct.gov.

- Q: What if I have reviewed the information above and am still having problems?
- A: Check out our tutorial, Introduction to the LMS, then email Workforce.Development@ct.gov.

CANCELLATION INFORMATION

Rarely, a course may be cancelled. We strongly encourage you to check your email for cancellation notices.

If you are unable to attend a class for which you have been enrolled, please drop your registration within ten (10) days of the training, if possible. This will allow us to contact other participants to offer them a seat.

To drop/cancel a class, log onto the Learning Management System (LMS) https://ctlms-dmhas.ct.gov, and go to the Me tab. Find the training you want to drop, then click the down arrow next to the View Summary button and click Drop. A window will pop up, asking you to confirm the cancellation. Click the Yes button. For more detailed instructions, see Introduction to the LMS.

Failure to cancel your enrollment for classes you are unable to attend may affect your ability to register for future classes.

INCLEMENT WEATHER PROCEDURES

- ❖ Participants may call (860) 262-5071 after 7:00 a.m. to listen to a recorded announcement stating if classes are cancelled. As many of our classes are conducted at offsite locations, which include non-state run offices, it is important to check that classes are being conducted.
- ❖ In the event of a cancellation due to inclement weather, all registered participants will be notified of the rescheduled class date by email.

Fall Instructor-Led Training Schedule

Date(s)	Time	Title	Facility	CEUs
9/11/2019	9:00am-12:15pm	Ethics for Addiction Counselors: Boundaries This three hour course will review the Connecticut Certification Board (C.C.B.) Code of Ethics with an emphasis on boundaries	СС	ССВ
9/11/2019	9:00am-12:15pm	How to have Courageous Conversations (NEW) At times we struggle to engage in difficult conversations. The fear of the unknown or of offending someone prevents us from asking questions to learn more about each other. This course explores some of the barriers that set us back and provides some of the tools and strategies needed to having courageous conversations among clients and co-workers. This is especially relevant to working with staff and clients from cultural, ethnic or racial groups different than our own.	CVH	CCB, SW@, PSY *
9/13/2019	9:00am-3:30pm	Power, Passion & Purpose: Preventing Burnout Trainings on Clinician Burnout typically focus on balance and self-care, which may increase healthy habits but often won't alleviate burnout. This training goes to the heart of the three most common causes of burnout, a lack of power, passion and purpose, and how to develop and build upon each one.	СС	CCB, SW@, PSY
9/18/2019	9:00am-3:30pm	An abundance of research has pointed to poor treatment outcomes for people with co-occurring trauma and addiction. Traditional addiction treatment has ignored the significant impact of trauma on personal recovery and subsequently people have continued to struggle as a result. With recent advances in understanding the impact of trauma, it is time for a change in the approach taken toward trauma and addiction. This interactive and experiential presentation offers an overview of the impact of trauma on the recovery process from a social, biological, psychological, and spiritual perspective and will provide clinicians with skills to work people affected by trauma throughout their recovery, as well as, understanding the conceptual framework of trauma-informed practice.	СС	CCB, SW, PSY
9/18/2019	9:00am-12:15pm	Using Empathy with Clients and Co-Workers (NEW) As we get into the routine of work every day, we also bring our personal thoughts and experiences to the job. As human beings, it is something we cannot help and these feelings can be overwhelming at times. Each one of us is going through something that requires us to be more empathetic to each other. This training defines empathy, discusses the conditions in which empathy is experienced, and identifies the steps needed to develop empathy with co-workers and clients so we can be more understanding of others.	CVH	CCB, SW@, PSY

Date(s)	Time	Title	Facility	CEUs
9/20/2019	9:00am-12:15pm	Introduction to Providing Expert Testimony (NEW) This course provides an introduction to testifying in Superior Court. The discussion will include preparing the forensic evaluation and understanding the Connecticut General Statutes as a framework for the clinical opinion. Other topics that will be covered include an overview of the forensic assessment, terminology and 'lingo', dealing with nerves and court etiquette. Examples of relevant cases will be discussed.	СС	CCB, SW@, PSY
9/24/2019	9:00am-12:30pm	Diabetes and Mental Health Conditions Diabetes affects a staggering 30,000,000 Americans, with an additional 84,000,000 diagnosed with prediabetes. That number has been steadily rising. People suffering from severe mental health disorders are at an even greater risk for developing this life threatening metabolic disorder. This training is designed to help direct care staff to recognize when a referral for assessment and treatment may be necessary. Participants will understand the impact of prescribed medications, diet, lifestyle and health care disparities. The basics of diabetes, nutrition, related conditions and medications will be explored. Strategies will be taught to educate and motivate clients to improve their health and wellness. This class in appropriate for both non-medical and nursing staff working with clients with, or at risk for diabetes.	СVН	CCB, SW, PSY
9/25/2019	9:00am-3:30pm	Medication-Assisted Treatment and Recovery for Substance Use Disorders This course provides the National Institute on Drug Abuse and Substance Abuse and Mental Health Services Administration's Blending Initiative product, entitled "Buprenorphine Treatment: A Training for Multidisciplinary Professionals". The primary goal is to create awareness among addiction professionals about buprenorphine in the treatment of opioid dependence. This course includes information about someone who is being treated with this medication, information about the legislation that permits office — based buprenorphine treatment, the science of addiction, the mechanism of buprenorphine, patient selection criteria, and associated patient, counseling, and therapeutic issues. In addition to the NIDA product presentation on buprenorphine, Methadone and Vivitrol, and the criteria for determining appropriate candidates for each therapy for opiate dependence, will be reviewed. Other current medications approved for the treatment of non-opiate substance use disorders will be addressed.	СС	CCB, SW, PSY
9/27/2019	9:00am-12:15pm	Posttraumatic stress disorder (PTSD) is common in both military and civilian populations. Patients with chronic PTSD are often difficult to treat, and the degree of functional impairment from PTSD can be extremely high. Cognitive-behavioral therapy (CBT) is among the most well-validated, evidence-based treatments for PTSD. In this workshop, we will review the principles of CBT for PTSD, including various forms of therapeutic exposure, cognitive restructuring, and stress inoculation training. We will use a mix of didactic presentation and case examples to illustrate how these treatments are implemented.	CC	CCB, SW, PSY

Date(s)	Time	Title	Facility	CEUs
10/2/2019	9:00am-12:15pm	Drop by Drop: Micro-inequities in the Workplace (NEW) This training will explore the impact of micro-inequities at work. It will describe how a bias can become prejudicial behavior and list steps to create an inclusive environment. It will identify ways for participants to become effective cross-cultural communicators.	СVН	CCB, SW@, PSY *
10/2/2019	9:00am-12:15pm	Ethics for Addiction Counselors: Social Media This three hour course will review the Connecticut Certification Board (C.C.B.) Code of Ethics with an emphasis on social media.	СС	ССВ
10/4/2019	9:00am-3:30pm	Treating Obsessive-Compulsive and Related Disorders The obsessive-compulsive and related disorders (OCRDs) include obsessive-compulsive disorder, body dysmorphic disorder, hoarding disorder, trichotillomania, and excoriation (skin-picking) disorder. In this workshop we will describe transdiagnostic mechanisms that contribute to the maintenance of these disorders, and discuss the principles of treatment. Video examples will be used.	СС	CCB, SW, PSY
10/8/2019	9:00am-4:00pm	Gambling Awareness 101 The normative and pervasive nature of gambling behaviors in the United States can desensitize us to the problems that can occur when a person's view of gambling shifts from entertainment to fixation. Recently reassigned in the DSM 5 from an impulse control disorder to a behavioral addiction, disordered and problem gambling affects 2-5% of adults and twice as many young people. Confounding the issues of problem identification, referral, and treatment is a lack of awareness on the part of service providers, clients, family members and the general public that, for some people, gambling can become an addiction even more devastating than alcohol or other drugs. As state governments turn more to legalized gambling as a source of revenue, studies indicate that vulnerable populations: the poor, disenfranchised, and people in recovery from mental health and substance use disorders, are disproportionally impacted in harmful ways. This training will address the social and environmental factors which influence gambling; gender and race considerations; and how our biology creates conditions conducive to the pursuit of risk and reward. Training will include lecture, large and small group discussion, learning tasks and media.	СУН	CCB, SW, PSY
10/10/2019	9:00am-3:30pm	Recovery and Relapse: Two Sides of the Coin The goal of "treatment" is to help people to achieve abstinence and to become full participants in society. How do we do this? Why do people relapse? Why can they not regain control over drug cravings, drug seeking, and not return to use? What can we do to enhance recovery? This training will explore the barriers to recovery such as how changes in the brain create the cognitive and behavioral aspects which impact recovery; psychosocial deficit areas; and lack of sufficient support. This training will provide hands on experiential exercises evaluating typical recovery plans and relapse prevention plans in order to see how those strategies can be expanded to meet the needs of clients.	СVН	CCB, SW, PSY

Date(s)	Time	Title	Facility	CEUs
10/11/2019	9:00am-3:30pm	Best Practices for Clients with Anger Disorders This course examines critical issues in successful anger management treatment programs including recognizing anger as a therapeutic target, de-bunking common misconceptions about anger, reviewing assessment techniques, and outlining strategies for beginning treatment. The course will present a comprehensive intervention model that prepares clients for change, supports intervention strategies, provides acceptance and adjustment approaches, and prevents relapse.	СС	CCB, SW, PSY
		Biology of Addiction		
10/16/2019 & 10/23/2019	9:00am-3:30pm	Biology of Addiction will review the basics of neurotransmission and how drugs of abuse interfere with neurotransmission. The mechanism of action of alcohol, opiates, and stimulants will be covered as well as their effects on the brain, the body, and the fetus. An elementary review of medication assisted treatment will be provided. Signs of intoxication, withdrawal, overdose, and dependence will be presented. The second day of training will be a broad variety of drugs of abuse: inhalants, marijuana, synthetic cannabinoids (eg., spice) and cathinones (e.g., bath salts), PCP, Ketamine and other dissociative anesthetics, hallucinogens, and nicotine. Signs of intoxication, withdrawal, overdose, and dependence will be presented.	СС	CCB, SW, PSY
10/16/2019	9:00am-12:15pm	Working with Muslim Clients (NEW) This course is designed to provide an overview about Islam and Muslims. It is intended for clinicians, mental health assistants, social workers, and anyone else who may be working directly with clients who identify as Muslim. You will learn about the context of mental health in the religion, stigma of mental health among the Muslim community, and how to best provide support during treatment and recovery.	СVН	CCB, SW@, PSY *
		What's Culture Got to do with Addiction?		
10/17/2019	9:00am-3:30pm	If a counselor is unaware of their own culture, they lack an enormous amount of self-knowledge required to be an effective counselor. On the other hand, if a counselor lacks knowledge about or ignores client culture, they are unethical practitioners. Why do I say that? Because culture is all-encompassing. It is the underpinning of our beliefs, values, norms, concepts of family and relationships.	СVН	CCB, SW, PSY *
10/18/2019	9:00am-3:30pm	Forensic CBT This training course is focused on developing foundational skills in Cognitive-Behavioral Therapy (CBT) for justice-involved clients. Critical distinctions between traditional mental health treatment and forensic programming will be highlighted. Practitioners will learn to recognize and elicit a range of relevant thinking patterns commonly found among justice-involved adolescents and adults and to incorporate thinking targets into case management, supervision, and programming. Finally, practitioners will have opportunities to practice CBT conversations about client values and life priorities and several CBT sequences designed to improve client decision-making. Through a series of structured learning activities that include small group exercises, role-plays, and 'real'-plays, practitioners will develop basic skills so that they can immediately apply CBT interventions in their own settings.	CC	CCB, SW, PSY

Date(s)	Time	Title	Facility	CEUs
10/24/2019	9:00am-3:30pm	Making Sense of the DSM-5 The 5th edition of the DSM brings with it some of the most significant changes between editions. In addition to changes in the disorders themselves and how they are grouped, the diagnostic system has been revamped. Are you prepared to incorporate the changes into your practice and to diagnose your clients accurately? This training shows you how to use the DSM-5 to enhance your assessment skills.	СVН	CCB, SW, PSY
10/25/2019	9:00am-4:30pm	A Day of DBT Skills Training (NEW) This experiential, full-day training focuses on the four core skills modules in Dialectic Behavior Therapy in combination with the important cognitive behavioral therapist skills of behavioral chain analysis and "missing links" analysis. The day is designed to help clinician's thoroughly analyze: problem behaviors, emotional dysregulation, and patterns of thought distortion, and then strategically assist clients in developing the skills they need to more effectively handle these in the future. While ideal for clinicians wishing to enhance their DBT skill set, this training is also designed for non-DBT clinicians with an interest in expanding their overall therapeutic armamentarium. A basic understanding of Cognitive-Behavioral Therapy (CBT) principals is desirable, as these will be covered, but only briefly.	СVН	CCB, SW, PSY
10/25/2019	9:00am-3:30pm	Trauma-Informed Practice in Behavioral Health Care The Adverse Childhood Experiences (ACE) study provides a documented link between childhood exposure to violence and other traumatic experiences and later psychiatric disorders, physical illnesses, substance use and addictive disorders. SAMHSA recommends that all human service providers be trauma-informed and be able to REALIZE, RECOGNIZE, and RESPOND to the activation of trauma and support recovery in people affected by trauma, living with Post Traumatic Stress Disorder (PTSD), and other conditions that detract from their health and wellness. This course will review the history and development of current understandings of trauma and recovery, with a focus on emotional regulation and grounding interventions to assist people with cooccurring mental illness and substance use disorders in strength-focused recovery.	CC	CCB, SW, PSY
10/30/2019	9:00am-4:00pm	Person-centered, strengths-based, recovery oriented services involve core concepts and attitudes. Skill development includes implementation of those concepts and attitudes and translating ideas into actions. More and more service providers at every level are called upon to help the people that they serve develop effective wellbeing and living skills. Developing, employing and strengthening skills is essential to sustaining progress toward sought after life goals. This action oriented workshop guides trainees in the best and evidenced based practices of effective skills development.	СVН	CCB, SW@, PSY

Date(s)	Time	Title	Facility	CEUs
11/1/2019	9:00am-3:30pm	Supporting Grief-Work in Behavioral Health Treatment Loss, mourning, and grief are an integral and unavoidable experience in human life. Substance use, Post-Traumatic Stress Disorder, Physical & Mental Illnesses greatly increase the risk of unexpected, tragic, and traumatic losses and multiply challenges to engaging in the important "work" of grieving.	СС	CCB, SW, PSY
11/7/2019	9:00am-4:00pm	Gambling As A Co-occurring Disorder (NEW) Over the course of the past several years, there has been a dramatic shift in the way in which treatment services are delivered. Providers are recognizing the importance of integration and the need to provide co-occurring disorder treatment for both substance use and mental health disorders. However, the screening, assessment and treatment of problem gambling often falls through the cracks, even in well-developed co-occurring disorder enhanced programs. In this workshop, the correlation of substance use and mental health disorders with problem gambling will be reviewed. Briefassessment tools will be discussed and evaluated. Participants will also gain an understanding of the treatment of problem gamblers, therapeutic tools they can utilize within their own agencies and what services are specialized. Prevention and education strategies for helping clients at risk for developing gambling problems will also be covered.	CVH	CCB, SW@, PSY
11/8/2019	9:00am-3:30pm	Assessing Risk and Suicidality: Interviewing Skills for Clinicians and Helpers Front line clinicians and helpers are often in the best position to obtain the most comprehensive information about suicidal ideation and other self-harming behaviors. This course will present a proven, research-based interviewing approach to maximize skills in obtaining information needed to assess and manage acute risk in patients with co-occurring disorders.	СС	CCB, SW, PSY
11/8/2019	9:00am-3:30pm	Getting in the Weeds: Emerging Issues with Cannabis (NEW) The movement towards legalizing cannabis for medical and/or recreational use seems to indicate its greater acceptance. This training will help participants to understand what cannabis is, the history of cannabis use, potential medical benefits and possible adverse effects. Issues related to risk factors, assessment and treatment of cannabis use disorders will be explored.	СVН	CCB, SW@, PSY
11/13/2019	9:00am-3:30pm	Coming into the Light: Breaking the Stigma of Substance Use Disorders Stigma is a major barrier preventing millions of people who are struggling with substance use from entering treatment today. This presentation is designed to help professionals break that stigma that creates an unnecessary barrier to treatment by understanding recovery oriented language and strategies that can be integrated into practice immediately.	СС	CCB, SW, PSY

Date(s)	Time	Title	Facility	CEUs
11/15/2019 & 11/22/2019	9:00am-3:30pm	Motivational Interviewing Intensive This training will provide participants with insight into peoples' intrinsic motivation to accept and maintain recovery. Motivational Interviewing (MI) is a person-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. This therapeutic skill-based course will also address how to be a guide to recovery, how to engage people into services who are reluctant or not interested, and how to tap into the resources in your community to assist people on the pathway to attaining and sustaining recovery. Participation in group exercises and experiential (role-play) activities is expected of all participants. Homework assignments will be given to develop the participant skills.	СVН	CCB, SW, PSY
12/12/2019	9:00am-3:30pm	Cultural Intelligence: Understanding and Incorporating CLAS Standards into Practice The one-day workshop is designed to highlight and explore the needs of treatment professionals working with culturally diverse individuals, organizations, and communities. The participants will learn about Health Disparities, Cultural Intelligence, CLAS Standards and proven techniques and strategies for engagement and improving outcomes.	СVН	CCB, SW, PSY *
12/13/2019	9:00am-3:30pm	Increasing Hepatitis C Knowledge for Behavioral Health and Medical Providers (NEW) This is a 5 hour training for professionals working in Opioid Treatment Programs, Federally Qualified Health Centers, and other primary care, substance use treatment, and prevention settings. This five module curriculum is designed to instruct behavioral health and medical providers on opportunities for screening and testing for hepatitis C (HCV), incidence of viral infections and opioid injection drug use, treatment options and patient considerations, and essential elements of effective linkage to care for persons infected with HCV.	СС	CCB, SW@, PSY

[@] NASW/CEU application pending.

 $CC-Connecticut\ Clearinghouse,\ Plainville$

CVH – Connecticut Valley Hospital, Beers Hall, 3rd Floor, Cocilovo Room, Middletown

Thanks to the New England Addiction Technology Transfer Center for co-sponsoring trainings



^{*}Meets the requirements for Cultural Competence Continuing Education